Unit 8 Patient Portfolio

**Student’s Name**

**Case Study**

**Course**

**Professor’s Name**

**Project Name**

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| **Part 1: Patient’s Background** |

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| **Patient’s Name** |  |
| **Disorder Name** |  |
| **List of diagnostic criteria that the patient meets (based on the DSM-5)** |  |

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| **Part 2: Psychological Approach**  Select a psychological theory from the course textbook (chose either a cognitive or behavioral theory. Refer to the textbook or an academic source to explain the theory. Next, apply the theory by explaining how the individual’s mental disorder may have developed according to the theory. (Approximately 225 words) |
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| **Part 3: Biological Approach**  Select a theory from the biological approach from the course textbook (Choose either the genetic or neurological influence). Refer to the textbook or an academic source to explain the theory. Next, apply the theory by explaining how the individual or character’s mental disorder may have developed according to the theory (Approximately 225 words) |
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| **Part 4: Sociocultural Approach**  Select a theory from the social and cultural or interpersonal relationship approach from the course textbook. Refer to the textbook or an academic source to explain the theory. Next, apply the theory by explaining how the individual or character’s mental disorder may have developed according to this theory (Approximately 225 words) |
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| **Part 5:1 Treatment**  Discuss what types of medical approaches (e.g., ECT, prescription medications, psychosurgery, or current medical devises) you recommend for the patient based on studies showing its effectiveness in treating the disorder. (Approximately 75 words) |
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| **Part 5:2 Treatment**  Compare and contrast the side effects the patient may experience from the selected type of medical approach **and** support what benefits the treatment may have on the brain chemistry or neurotransmitter activity. (Approximately 75 words) |
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| **Part 5:3 Treatment**  Discuss what psychotherapy options you recommend for the patient (i.e., cognitive behavioral therapy, group therapy, or exposure therapy). Do this by explaining how the chosen form of psychotherapy would work and specifically how the patient would benefit from it. (Approximately 100 words) |
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| **Part 5:4 Treatment**  Provide both short and long-term goals for the patient’s treatment plan. Include accomplishments or behavioral changes you want to see in the patient. (Approximately 75 words) |
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| **Part 6: Conclusion**  Defend which of the approaches can best explain the development (or cause) of the case study’s mental disorder and why your chosen treatment plan would be the most beneficial plan for the patient. (Approximately 150 words) |
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References